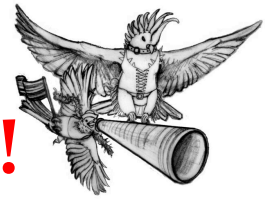
Avoid Activist Burnout!



Self-Care = Community-Care

Burnout is way too common among activists, but if you want to change the world, you have to take care of yourself. Here's a radical idea: engage in human/animal/ecological rights work without sacrificing other important parts of your life! This group is for those of us who feel passionate about changing our world – let's come together in an open, compassionate & creative space to discuss, share, learn and heal through each other's stories and experiences from the movements which we support. We will explore ways to prevent and recover from burnout, that "problem born of good intentions." Let's take care of ourselves, so we can get back to work!

the systems of oppression thrive on our denial of our needs

Stefan Keyser and **Adrian "Q" Quintero** are Marriage and Family Therapist Trainees at Golden Gate Integral Counseling Center. After years on both coasts and abroad participating in efforts ranging from the anti-war/corporate personhood movements, ecological and animal rights work, to guerrilla art demonstrations and international relief work, they are humbled and excited to share self-care support with the local activist community. Stefan is supervised by Stevan Gengo PhD, MFC 23621, and Q is supervised by David Akullian, MFT 13690.

Tuesdays 6:30PM-9:00PM from Nov. 8th to Dec. 6th
Plus a day-long retreat the weekend of Dec. 10th
Six-Session Commitment required at $20/session

Location: 507 Polk Street, Suite 450, San Francisco, CA 94102
Contact Stefan at (415)255-2650 to Reserve your Space!

"Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare." **- Audre Lorde**

Radical Self-Care (415)255-2650 www.goldengatecounseling